

ACT 1: Optimal Body Posture

"Checking 6 touching points to make sure whether the body posture is correct or not"

Two points of lower jaw →

- Head straight
- Saliva swallowed

Two points of buttock →

- Abdomen in ¹
- Chest out ²

Two points of feet sole →

- Calf
- Tigh flat ^{3a}

ACT 2: Three Ways of Cittānupassanā

"Stopping the process of mental obstacle"

Way 1:

- Abdomen in
- Chest out
- Sitting-Sitting-Sitting ^{3b}

Way 2:

- Abdomen in
- Chest out
- Hold breathing
- Focus on crown
- Sitting-Sitting-Sitting ^{3b}

Way 3:

- Abdomen in
- Chest out
- Hold breathing
- Focus on crown
- ANCHOR
- Tailbone
- Sitting ^{3c}
- Right-left buttock points ^{3d}

BASIC MEDITATION TRAINING

These Act 1,2,3 are the duties of a yogi that should be done since the beginning of meditation. It is best for a beginner to use this guideline according to the sequences first until proficient.

<<< MEMORIZE ONLY THE BLACK COLORED WORDS.

Act 1 is done sequentially for 10x. While Act 2 and 3 should be finished per section first for 10x before moving to the other sections.

E.g: Way 1 is done 10x, then to Way 2 for 10x, and so on. While doing any of the act and PHYSICAL OBSTACLE ARISES, then directly handle it with VEDANĀNUPASSANĀ. If MENTAL OBSTACLE ARISES, then use CITTĀNUPASSANĀ again. When finished and no obstacles arise, directly go back from Act 1 again. MIND IS ALWAYS ACTIVE!

FOOTNOTE

1 Erect whole body.

2 Pull both shoulders back.

For standing meditation should be changed into:

3a Tigh straight

3b Standing-Standing-Standing

3c Standing

3d Right-left lower jaws

Right-left buttock points

Right-left feet soles

3e Standing

Right lower jaw - Left lower jaw

Right buttock point - Left buttock point

Right feet sole - Left feet sole

4 Forth or back aren't moving, but awareness moving forward until the finger / toe tips, then back from the other side until the initial part.

ACT 3: Active Stages of Body Awareness

"Aware of different body parts to direct air elements in order to detect physical problem"

Active Stage 1:

- Crown
- ANCHOR
- Tailbone



Active Stage 2: ^{3e}

- Sitting
- Right buttock point
- Left buttock point



Active Stage 3:

- Face, Crown, Back of head,
- Both shoulders, Arms, Fingertips,
- Back, Chest, Both toetips



Active Stage 5:

- | | | | |
|-----------------|---------------------------------|----------------------------------|--------------------------------|
| 1. Upper jaw | 8. Right shoulder | 15. Waists | 22. Left leg back ⁴ |
| 2. Cheeks | 9. Right arm forth ⁴ | 16. Hips | 23. Right-left buttock points |
| 3. Eyes | 10. Right arm back ⁴ | 17. Right buttock point | 24. Private part |
| 4. Forehead | 11. Left shoulder | 18. Right leg forth ⁴ | 25. Abdomen |
| 5. Crown | 12. Left arm forth ⁴ | 19. Right leg back ⁴ | 26. Chest |
| 6. Back of head | 13. Left arm back ⁴ | 20. Left buttock point | 27. Front of neck |
| 7. Back of neck | 14. Back | 21. Left leg forth ⁴ | 28. Lower jaw |

After proficient, proceed to learn SATIPATTHANA and ACTIVE STAGES OF BODY AWARENESS.

APPAMĀDENA SAMPĀDETHA (Strive On With Heedfulness)

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